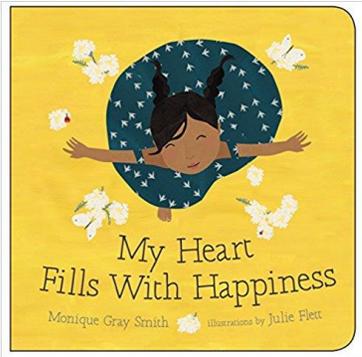


Pre-K-3<sup>rd</sup>

THEME of the month is JOY. Today's Topic: The Path of Joy



**Principles 3 & 4:** We accept one another and help each other to grow spiritually and to search for what is true.

**STORY** [My Heart Fills with Happiness](#) by Monique Gray Smith (Author), Julie Flett (Illustrator) This is a beautiful board book that encourages mindfulness and appreciation for example: the joy in holding the hand of someone you love. (This 1:57 video shows just a few of the pages in the book: <https://www.youtube.com/watch?v=ehjDUYQ99v4>)

**DISCUSSION QUESTION:** “What Fills Your Heart with Happiness?” Is it a short lived? What makes happiness that lasts? (hint: connections – with people, nature, simple pleasures, celebrating life’s milestones together)

**SUNDAY ACTIVITY:** “Path of Joy” with times for jumping for joy (follow the leader or obstacle course format)

- For Parents – preview (some language) - The Science of Happiness <https://www.youtube.com/watch?v=oHv6vTKD6lq>
- “Ode to Joy in an Art Medium Express your own Ode to Joy by Ludwig von Beethoven with an art medium as the music plays. Fingerprint! Or Draw to the music in whatever art medium you choose or sing!

ODE TO JOY

C G  
Joyful, joyful, lift our voices  
C G  
All creation everywhere  
C G  
Hearts and hands 'cross sea and land  
C G C  
Come join us in our fervent prayer

G G  
Every nation, all creation  
Dm F G  
Come share the dream we're dreaming of  
C G  
Side by side 'cross oceans wide  
C G C  
We'll build a world of peace and love

Ode to Joy back story: Beethoven was completely deaf when he embarked on this masterpiece, and it's a tragedy that he never heard a single note of it except inside his head. At the end of the symphony's first performance the German composer, who had been directing the piece and was consequently facing the orchestra, had to be turned around by the contralto Caroline Unger so that he could see the audience's ecstatic reaction. Beethoven had been unaware of the tumultuous roars of applause behind him.

(adapted excerpt from at <http://www.songfacts.com/detail.php?id=18530>)  
Even deaf, Beethoven celebrated the incredible beauty of connections on the Path of Joy with this music.

- View the YouTube video of a Flash Mob performance of Ode to Joy in a Plaza in Europe at <https://www.youtube.com/watch?v=fj6r3-sQr58>
- View the 13 minute YouTube video re-enacting the historical performance at <https://www.youtube.com/watch?v=0SVaUbbXifl>.

